

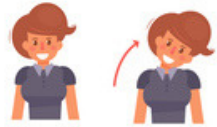


Stretching at Your Desk



Upper Body Stretches

Shoulder Shrugs and Neck Rolls: Slowly roll shoulders backward, 5 times. Repeat slowly rolling forward, 5 times. Very slowly roll head to the left, drop to the front, roll right and move back to the starting position.



Triceps Stretch: Pull one arm across your body, gently pulling it in with your other arm. Repeat on opposite side.



Side Stretch: Sit or stand with a straight back and reach arms up above your head. Gently lean to the left. Hold and repeat on opposite side.



Bicep Stretch: Sitting in a chair with feet hip-width apart, place arms behind your body and clasp hands together. Gently lift arms upwards as far as you can. Carefully lean forward, hinging at your waist.





Lower Body Stretches

Chair Squats: Place feet hip-width apart. Slowly stand up and then sit back down. Repeat this for one minute.



Leg Extensions: Sitting with a straight back, place feet flat on the ground in front of you and hold onto a chair if needed. Slowly raise one leg straight 10 times and repeat on opposite leg.

Quad Stretch: Stand up and hold onto the back of a chair if needed. Pull one leg up and back behind body, with one arm holding onto foot or ankle and repeat with opposite leg.



Chair Lunge: With both hands holding onto the back of a chair, keep your upper body straight and shoulders back. Step backward with one leg, lowering your hips until front knee is bent at a 90-degree angle and back leg is fully extended.

Hamstring Stretch: Place palms of your hands firmly on the desk. Slowly move both legs away from the desk until fully extended. Gently push down your heels.

